

Taking Care: Meditation

What is meditation?

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well. [Read More Here »](#)

The emotional benefits of meditation can include:

- ◇ Gaining a new perspective on stressful situations
- ◇ Building skills to manage your stress
- ◇ Increasing self-awareness
- ◇ Focusing on the present
- ◇ Reducing negative emotions
- ◇ Increasing imagination and creativity
- ◇ Increasing patience and tolerance

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How to Meditate

When we meditate, we inject far-reaching and long-lasting benefits into our lives: We lower our stress levels, we get to know our pain, we connect better, we improve our focus, and we're kinder to ourselves. Let us walk you through the basics in our new mindful guide on how to meditate.

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1. Sit or lie comfortably
2. Close your eyes
3. Breathe naturally
4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation

[9 Of The Best Podcasts For Mindfulness And Meditation »](#)

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[9 mindfulness exercises you can do in a minute or under »](#)

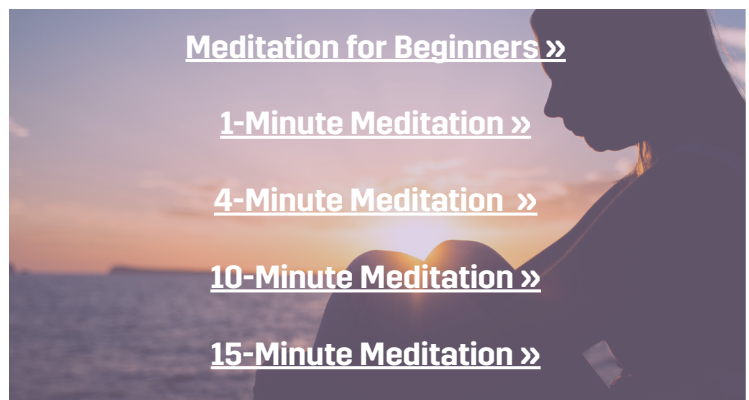


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